

WELLNESS FOR CREATIVES

VISUAL ARTIST BYRON LINNELL EDWARDS LAUNCHES WELLNESS FOR CREATIVES, LLC

LOS ANGELES, November 22, 2022 — Visual artist and entrepreneur, Byron L. Edwards, today announced the launch of a new collective dedicated to helping creatives find balance and maintain a lifestyle rooted in holistic wellness, mental wellness, and creativity — **Wellness For Creatives, LLC** .

Founded and creatively driven by Edwards, **Wellness For Creatives™** is a collective inspired by Edwards's own mental health battle against burnout, anxiety, depression, and bipolar II disorder. With over 15 years of experience, Edwards is well-respected as a former entertainment executive for the likes of Viacom, Color of Change, Roc Nation and The Shade Room, however, he has since built a reputation for valuing holistic health, wellness and community. **Wellness For Creatives™** is his way of extending that feeling to others in creative fields to help them find and restore balance.

“Anyone who meets me today is aware of my obsession with all things wellness, alongside my exploration of creativity,” said Byron L. Edwards, Founder and CEO of **Wellness For Creatives™**. “My journey began when I reached the point of complete mental and physical exhaustion. Running was my only vice and soon wellness was a full-blown obsession. Organically **Wellness for Creatives™** became a collective where creatives could find adequate resources and opportunities to support their well-being. I'm thrilled to officially launch **Wellness For Creatives™** and I hope it inspires fellow creatives to take charge of their own emotional and mental well-being.”

The collective draws upon Edwards's mission to create a space that truly focuses on the various aspects of wellness and to have an impact on the lives of creatives. Through programming, content, and community, **Wellness For Creatives™** offers an informed point of view around holistic health, mental health, and overall lifestyle choices,

Prior to forming **Wellness For Creatives™**, Edwards' took a two-year hiatus from working in arts and entertainment, and received wellness professional certifications from the Road Runners Club of America, National Sports Academy of Sports Medicine, Science of Well-Being (Yale) and Science of Well Being (Berkeley) to better serve and understand the industry.

In 2023 **Wellness For Creatives™** will bring back its 2020 virtual **LIVE WELL FESTIVAL** as a live event in Los Angeles, CA featuring panelists and wellness programming for creatives and creative executives. **Wellness For Creatives™** will also continue to host **INKWELL**, its monthly program using ink to foster wellness, and **GET WELL**, its series of curated workouts for creatives within entertainment, music, and film.

Learn more about **Wellness For Creatives™** , please visit wellnessforcreatives.com.
###

About Wellness For Creatives™

Wellness For Creatives™ is a collective dedicated to maintaining a lifestyle rooted in wellness, fitness, mental health, and creativity. By curating the tools needed to reach your wellness goals, **Wellness For Creatives** is focused on helping creatives live a better life, so they can show up as their best self.

FOR FURTHER INFORMATION PLEASE CONTACT:

Byron L. Edwards
e: info@wellnessforcreatives.com
t: 202-556-0096